

JP Special Case Study 15

Birthday Clown



I was at a birthday party with my daughter and several other 5-8 year olds

- There was a birthday party outside in a park with approx. 15-20 children (ages 5-8).
- For the key entertainment, a clown was hired to play games with the children, face-paint, make balloon animals and – for the main event – perform a special magic show.
- The clown appeared, greeted the children and started setting up for the big magic show to kick things off.
- While the clown was setting up – I noticed a child (6 years old) in tears and obviously very scared, physically hiding behind her mother (grabbing onto her mother's pant legs).
 - I knew this mother but had not met the child.
 - The mother was aware of AcuEnergetics® and that I was a practitioner, having had sessions in the past and discussions with me about the modality
 - We stepped off to the side where it was just the three of us, far away from the clown and other children who were now all convening, getting settled (i.e. sitting down) for the magic show to start.
 - She apologized for what was happening with her daughter, stating that if she would have known there was going to be a clown - they would not have come.
 - Her daughter was absolutely terrified of clowns; the mother had no idea why, but said it has always been the case for as long as she can remember. Moreover, after seeing a clown in person the daughter typically is affected for several days after with crying, stomach problems, sleeping issues, nightmares, etc.
 - She asked me if there was anything at all I could do from an AcuEnergetics® perspective. I said there was and that I'd be willing to talk to/treat her child at this time if she wanted me to. She asked me to proceed.
 - The mother first continued telling the child "It's just a clown – nothing to be afraid of honey, it's just a clown!")
 - The child's reaction to this was increased terror and tears
- I pitched resonance to the child's base Centre and could feel it was completely contracted. I stayed on this for about 3- 5 min. at which point I felt movement and at that exact moment – the child's demeanor changed and the tears subsided.
 - While continuing resonance (pitching) to her base I started to speak with her.
 - I told her that I understood she was afraid of clowns and that that was OK. I went on to explain to her that the person over on the other side of the park was NOT a clown... I told her it was a magician in a clown's outfit. I could feel this reframing technique having an impact on the base Centre as it started to open more fully with strong movement. She looked at me in a questionable manner and simply

said... “Really?”. I replied – “yes – it’s just a magician in a clown’s outfit”. She looked at her mother, over to the clown, back at me and then ran over to the other children to join the magic show. This all happened within approx. 10 min. of treating.

- Her mother was beyond amazed and could not believe what was happening as she watched her little girl enjoying the show with the other children.
- Later during the party – we both overheard the girl talking with other children who asked her “we thought you were afraid of clowns?” to which the girl replied to them “That’s not a clown, it’s a magician in a clown’s outfit”. I could feel through pitching that her base was still open.
- The child not only joined the magic show – she participated in the rest of the ‘clown’ activities during the duration of the party (games, face-painting, etc.). The mother was ‘beside herself’ with amazement and could not stop talking to me and other parents about what was happening.
- Follow-up with the mother weeks later confirmed that there was no negative impact from the party (i.e. like there had been with past experiences with clowns) and that it appeared that even the fear of ‘actual clowns’ had subsided. The mother said to me that she could not thank me enough for the dramatic and positive change I helped to manifest in her daughter.